

Good Health of the Business Woman

By SAMUEL G. DIXON, M.D., Commissioner of Health for Pennsylvania

There are more than eight million woman wage earners in the United States. They are represented in almost every branch of commercial activity. The question of the health of woman workers is one of the utmost importance, not alone on account of the efficiency of the individual, but because the future welfare of the race may be materially affected by the health of these potential mothers.

A woman's nervous organization is more sensitive than that of a man. In many trades, occupations and employments this very fact has been responsible for women's success. Good taste, tact and deftness are qualities which should be cultivated to secure the greatest value from the services of female employees.

The maximum number of hours of labor may not always bring the maximum of production. Scientific efficiency experts have proved that shorter hours and reasonable rest periods often result in increased production. Nearly all corporations and large employers of woman workers have learned that by making adequate provision for the care of their employees their efficiency is increased.

The woman in business should remember that within certain limitations her well-being rests largely in her own hands.

There are four essentials for health:

- Eight hours' sleep in the fresh air.
- Regular exercise.
- Sensible clothing.
- Wholesome food.

Without these neither men nor women can maintain their physical well-being for any lengthy period.

No woman should try working on her nerves. This may be kept up for quite a while when pleasure or the demands of business tempt one to rob oneself of the necessary amount of rest. Invariably one must foot the bills, so in the end the reaction is apt to prove dangerous.

Standard of Living Is Not Too High

By W. B. MORELAND, Evanston, Ill.

One hears a great deal these days about standards of living. Some persons attribute the financial and industrial depression through which we passed last winter to extravagance. We are constantly being told that we should not live beyond our means. But the truth is that the standard of living in this country is not too high, and it never has been, and it never will be.

One can waste his means upon useless luxuries, of course. He can go into debt for things which he could easily get along without. Most of us are prone to try to imitate somebody else who is better able to have everything the heart desires. But the high standard of living in this country is all right, and everyone ought to be entitled to means enough to live up to it.

I take no stock in talk about the thrift of the foreigners—how they manage to get along on bare crusts, and how they live upon what the average American wastes.

A human being, endowed with consciousness and applying his energy to the tasks at hand, is entitled to something more than the so-called bare necessities of life.

If one is compelled to live upon a loaf of bread and a cup of water, one can so live. But the point is that no one in the world ought to be compelled to live miserably.

The trouble with a good many people is that they cannot adjust themselves to a standard of living that is compatible with their earning capacity or with their incomes. That is, they seek to fix a standard which calls for a greater outlay than they can afford.

The standard may be no higher than it should be, but the income may be much less. So it may be assumed that a great many people in this country do not have as large incomes as they should have.

Exercise Is Insurance for Child's Health

By DR. R. KENDRICK SMITH, New York

If proper exercises are started early in life in the case of the delicate type of child, it can be brought up to adult life with very different physique from that seen today. One of the serious phases of the educational aspect of this matter is that since this type is sensitively and nervously organized, with distinct nervous instability, mental training in the school must necessarily increase this instability unless body training is insisted upon all through the school term.

This should not be taken to mean that a child of one type can be changed into the other by physical culture. Not at all, but if such training is not administered we soon find acquired deformities added to the delicate frame with which nature endowed it.

So the mother of the thick, round-faced child need not worry, but the mother of the slender, tall, delicate, thin-skinned, nervous child must see to it that the mental is not cultivated at the expense of the physical.

The best kind of insurance for that child's future is osteopathic supervision over its development and systematic gymnasium work on specially prescribed exercises which the osteopath finds are needed in the particular case.

The regulation United States army setting-up exercises are about the best which can possibly be incorporated into a few minutes' work for general results, but there should always be specifically prescribed exercises for individual cases.

Clear-Headed Man Says What He Thinks

By R. J. DONOHUE, Springfield, Ohio

A man was referred to as one who in his conversation never says "I think" so and so. The "think" is a mere expletive. A positive, clear-headed man says what he thinks, without saying he thinks. Besides, when a person premises with an "I think," it weakens his assertion, because thinking is by no means an assurance of truth.

If one should say "I think it will rain tomorrow," the very expression carries a doubt, because mere opinion is a lame matter, and the world is chock-full of opinions. If, however, he should say, "It will rain tomorrow," it carries some assurance, even if it is, after all, an opinion.

So the man referred to in the first place doesn't say "I think," for it is entirely superfluous, and he adds force and dignity to what he says in omitting it entirely.

And then when one looks at the situation calmly he will conclude that think is much under a cloud, since very few people think exactly alike.

LARGE PER CENT OF ALIENS ARE REJECTS

APPLICATIONS FOR NATURALIZATION SHOW SLIGHT GAIN OVER LAST YEAR.

COURTS MUCH MORE CAREFUL

Missouri Has 103 Courts With Power to Make Citizens—Character and Standing Must Be Very High.

Jefferson City.

Information furnished the Missouri Bureau of Labor Statistics is to the effect that during the year 1915 out of 1,142 petitions filed in the federal courts and state courts of record by aliens asking for naturalization papers, 825 received such certificates, leaving 317, or 28 per cent who failed to come up to the standard that is exacted by the United States before granting citizenship privileges. This was a slight increase over 1914, and also over 1913, indicating that the European war, if it had any effect at all on Missouri aliens, helped to persuade many to become citizens.

Missouri is credited with 103 courts which have power enough to issue naturalization papers, but 45 of these seem to be habitually delinquent in making returns to the federal authorities on the papers they issue.

This is the statement in a bulletin of the bureau of labor statistics, just made public by John T. Fitzpatrick. At this time it is probably interesting to know why 317 applicants were refused naturalization papers, especially since the conflict in Europe and the preparedness doctrines of President Wilson have made the courts much more careful to whom they issue certificates of citizenship. As these privileges are only extended to men the causes which led to their rejection apply only to the male sex. Insufficient residence brought on 4 rejections; ignorance, 40 rejections; immorality, 13; incompetent witnesses, 71; no certificates of arrival, 11; declaration invalid, 24; court not having jurisdiction, 8, and petitioners unable to produce witnesses or depositions, 1. Four petitions were dismissed because of the death of the applicants.

University Gets \$65,000.

The State University will receive \$65,000 as its collateral inheritance tax from the estate of Mrs. Eliza McMillan, which is valued at \$1,800,000. This was determined at a conference held in Edwin W. Lee's office, who is attorney for parties at interest.

Lee was appointed by the probate court to appraise the estate, and W. K. Bixby, administrator, and lawyers representing the state university and the state auditor's office consulted with him.

The \$65,000 is 5 per cent of \$1,300,000, it having been decided that a portion of the estate is not subject to the collateral inheritance tax.

Number of Autos Increasing.

Automobiles increased 366 per cent in number in Missouri between 1911 and February 1, 1916, according to figures obtained from the secretary of state last week.

In 1911 the total registrations were 16,387, while in 1915 they were 76,462.

St. Louis had 7,751 motor vehicles in 1912 and in 1915 the number was 16,421. Kansas City registrations increased from 4,519 to 9,309 during the same period. The total registrations in the state, exclusive of the two large cities in 1912 were 12,108, while in 1915 they were 50,732.

Fees collected for motor vehicle registration and paid into the good roads fund increased from \$55,506 in 1911 to \$223,289 in 1915. The fees collected in 1912 were \$117,362; in 1913, \$173,810, and in 1914, \$235,873.

To Name Delegates March 2.

At a meeting of the Republican committee for the eighth congressional district a convention was called to meet in Jefferson City March 2 for the purpose of naming two delegates and two alternates to the Republican national convention and a candidate for presidential elector.

The convention will consist of 54 delegates on the basis of the vote cast in 1908. The general sentiment expressed is that the delegates go uninstructed.

Oklahoma Protests Frisco Plan.

The Oklahoma corporation commission has entered its formal appearance as a protestant to the Frisco plan of reorganization, in which it assails the present scheme as unfair to the present stockholders.

Estabrook Opens Campaign.

That an organized political movement has been launched to boost in Missouri the candidacy of Henry A. Estabrook, New York lawyer, for the Republican nomination for the presidency, is revealed by letters received here by the local Republican leaders. These letters extol the capabilities of Estabrook, who will be the guest of honor at the banquet of the Association of Young Republicans in Kansas City on February 14. It seems peculiar that he should desire to begin his boom so far from home.

Report on Almshouses.

The almshouse population of 97 of Missouri's 114 counties and St. Louis city, as shown by a report just issued by the State Board of Charities and Corrections, is 3,013, an average of 31 for each of the 97 counties.

St. Louis city leads with 789, and Jackson county, which includes Kansas City, is next, with 383.

The total cost of maintenance in the 97 counties in 1915 was \$412,734.06. The average per county was \$4,245.99, and the average cost per inmate for the year was \$136.98.

The report shows that the male inmates largely exceed females. In St. Louis 586 men and 203 women are cared for.

In Jackson county there are 318 men and 70 women. There are twice as many men in St. Louis and more than four times as many in Jackson county.

There were majorities of women in Howard, Gentry, Macon, Cooper, Pike, Mississippi, Dade, Charlton, DeKalb, Barry, Pettis, Caldwell, Monroe, Osage, Lincoln, Dunklin, Iron and Wright.

In the average county there are about two men to one woman. The chief causes for a larger male population are that the relatives will take care of women more quickly than men and courts are more willing to assist women than men.

Men are also less reluctant to enter almshouses than women, and another cause for the large number of males is that many tramps become inmates.

Rural Schools Decrease.

A hodcarrier gets more wages in Missouri by working half the time than a teacher in the rural schools. This statement finds confirmation in the annual report of State Superintendent Gass for the past year, and which is now in the hands of the publisher. The average salary paid the rural teacher for a school year is \$329. The average paid city teachers is \$741 a year.

The superintendent says that statistics for the past five years show that the rural school population has been decreasing at the rate of 3,000 pupils a year, and the attendance at the city schools has been increasing at the rate of 6,000 a year. But a little more than half of the children attending the country schools complete the elementary course, as compared with the cities. The country districts have expended but \$24 per pupil on school buildings, while the cities have expended five times this amount. The tax levy for the country child is 59 cents per \$100 assessed valuation, and for the city pupil \$1.17.

Major Boosts Wilson's Policies.

Governor Major made a speech at Indianapolis last week before the Indiana Democratic Editorial Association and gave his unqualified endorsement of President Wilson's preparedness program, and declared that he "thanks God for Woodrow Wilson." He declared that it is not the policy of the president to organize an army for the aggrandizement of the United States, but only for its defense.

He also referred to the currency law as sufficient evidence to show that the president was heart and soul in sympathy with the whole people. He declared that no executive had ever been accorded the support that Mr. Wilson was getting from the entire nation.

Ozark Legend.

According to a bulletin from the Labor Commissioner's office there is a lost silver mine somewhere in the Ozark mountains, the location of which was known to the Indians of two centuries ago, and tradition has it that it was worked to a large degree by the aborigines. If this is true some one prospecting in the wild portions of these hills may at some future time come across the spot and live happily ever after.

Board Elects Officers.

Miss Janet McConachie of the State Industrial School for Colored Girls stated that officers for the ensuing year were elected as follows: Fannie B. Oliver of St. Louis, superintendent; Emma B. Parker of Clayton, teacher; Ella Lane of Jefferson City, housekeeper, and James Lane of Fulton, engineer. The latter is a white man. The school will open on or about April 15.

Memorial to Edwin Silver.

A marble memorial has been ordered erected on the campus of the Cole county courthouse in honor of the late Edwin Silver, several times mayor of Jefferson City, and a lawyer of state-wide distinction.

Autos in Missouri Increase.

During January the state department of automobile registration received applications for 29,922 automobile licenses, accompanied by cash and checks for a total of \$127,068. This is an increase of 5,182 licenses and \$22,194.59 over the January total of 1915.

To Fix Date for Frisco Hearing.

The state public service commission has issued an order on the motion for the rehearing in the reorganization plan of the Frisco Railroad, granting until Feb. 10 to all parties who are opposing the plan to file their objections.

New Railroad Projected.

It is said that application has been made for a right of way for a new rail line that will run from the capital to Keokuk, Iowa. Many local interests are involved.

Where Money Talks.

She was doing her best to make full use of her leap-year prerogative.

"I am a poor girl, as you know," she said, "but if the devotion of a true and loving heart goes for anything with you—"

"Oh, it goes with me, all right," interrupted the practical young man, "but I'm afraid it won't go with the grocer and the butcher."

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WARD ALWAYS A HUMORIST

Famous American Funmaker Had All the Elements of His Calling in His Personality.

One of the greatest American humorists was Charles Farrar Browne, better known as Artemus Ward. He was born in the little village of Waterford, Me., in 1834, and died in 1887 at the age of thirty-two. He came from old Puritan stock, and upon being asked concerning his origin, he was wont to reply:

"I think we came from Jerusalem, for my father's name was Levi and we had a Moses and a Nathan in the family; but my poor brother's name was Cyrus; so perhaps that makes us Persians."

As a boy the humorist was full of happy wit and the family was not always spared, says the National Magazine. One night coming home in a driving snowstorm, Artemus went around the house and threw snowballs at his brother Cyrus' window, shouting for him to come down quickly. Cyrus appeared in haste and stood shivering in his night clothes.

"Why don't you come in, Charles? The door is open."

"Oh," replied Artemus, "I could have got in all right, Cyrus, but I called you down because I wanted to ask you if you really thought it was wrong to keep slaves."

Quick Conversion.

"How is the sentiment for world peace in this community?"

"It was pretty strong until last week," replied the old resident.

"What happened then?"

"Our congressman announced that there was a good chance of getting a munitions plant located in this district."

Persistent.

"Be sure and get the right tooth, doctor."

"Don't worry. I'll get it if I have to pull out every tooth in your head."—Life.



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